

CLAIMS

The inventor hereby claims:

1. A strap interconnection adjusting assembly comprising
an anchoring strap; and
a strap juncture adjusting assembly;

the juncture adjusting assembly comprising in turn

- a pair of cam-buckles; and
an object strap;

wherein the cam-buckles are disposed in conjunction such that the free-sliding face of each abuts that of the other and the impinging end and tethering end of each are oriented in the same direction as those of the other so that their respective thumb lever faces are oppositely disposed;

the object strap disposed to pass through the thumb lever openings of both abutted cam-buckles;

wherein the anchoring strap is reeved through the impinging ends of the abutting cam-buckles;

the exercise assembly thereby providing means of unimpeded repositioning upon the anchoring strap of the strap juncture adjusting assembly including the object strap and anything extending from it merely by depressing the thumb levers of the spring-biased buckles and sliding the adjusting assembly in either direction along the anchoring strap's mid-length such that upon release of the thumb levers, the attained position comprises a connection of rigid emplacement.

2. The strap interconnection adjusting assembly according to Claim 1 wherein the object strap is open-ended for connection of each end thereof to various objects or assemblies.

3. The strap interconnection adjusting assembly according to Claim 1 wherein a door enwrapping strap comprises the anchoring strap, disposed to enwrap a door and comprising door-mounting loop securing means;

wherein the strap juncture adjusting assembly provides an exercise tethering point and the object strap, an exercise tether, the strap's ends providing linkage to various exercise devices.

4. The strap interconnection adjusting assembly according to Claim **3** wherein the disposition of the anchoring strap's door enwrapment is vertical;

wherein the strap juncture adjusting assembly may be adjusted to set the exercise tethering point at any height.

5. The strap interconnection adjusting assembly according to Claim **3** wherein the door-mounting loop securing means comprises a miniature hook-and-loop sector disposed upon a first end of the anchoring strap and a strap enreevement buckle-frame attached to a second end thereof.

6. The strap interconnection adjusting assembly according to Claim **5** wherein the strap enreevement buckle-frame's means of attachment to the anchoring strap comprises an attachment sector wherein the strap's second end is reeved, doubled back upon itself and attached in place.

7. The strap interconnection adjusting assembly according to Claim **6** wherein a sewn sector comprises the attachment sector and the attachment of the second strap's ends comprises stitch-work.

8. The strap interconnection adjusting assembly according to Claim **3** wherein the object strap's linkage to various exercise devices is provided by attaching the object strap's ends and one or more exercise devices to an intermediate linkage ring.

9. The strap interconnection adjusting assembly according to Claim **8** wherein the intermediate linkage ring's means attachment comprises one or more attachment sectors wherein an end of each strap is reeved through the ring, doubled back upon itself and attached in place.

10. The strap interconnection adjusting assembly according to Claim **3** wherein the tethering strap's linkage to various exercise devices is

provided by attaching its strap ends to a stretchable elastic cord connection block comprising strap tunnels.

11. The strap interconnection adjusting assembly according to Claim **10** wherein the means attachment of the tethering strap and the cord connection block comprises one or more attachment sectors wherein an end of each strap is reeved through a respective strap tunnel of the connection block, doubled back upon itself and attached in place.

12. The strap interconnection adjusting assembly according to Claim **3** further comprising a buffering sheath attached in a loop to the tethering strap and disposed to enwrap all or a portion of the abutted cam-buckles;

whereby abrasive damage to the door is averted.

13. The door wrap-around exercise assembly according to Claim **12** wherein the means attachment of the buffering sheath to the tethering strap comprises one or more attachment sectors wherein an end of each strap is doubled back upon itself and attached in place.

repositioning upon the anchoring strap of the strap juncture adjusting assembly including the object strap and anything extending from it

14. A method of providing means of unimpeded repositioning of objects or assemblies depending by strapped connection from an anchoring strap such that the attained position comprises a connection of rigid emplacement, comprising the following steps:

first, dispose a pair of cam-buckles upon the anchoring strap in conjunction such that the free-sliding face of each abuts that of the other and the impinging end and tethering end of each are oriented in the same direction as those of the other so that their respective thumb lever faces are oppositely disposed;

second, pass an object strap through the thumb lever openings of both abutted cam-buckles; and

third, link that strap to any object or device for which dependency from the anchoring strap is sought.